



TAIJI POST

Newsletter of the Peng You Taiji Quan Association

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First Time in North America Taiji Qigong: 6 Forms for Health Certification course offered by its creators, Masters Zeng Nailiang and Wei Xianglian.



Six Forms Taiji Qigong - Certificate Course (There will also be an introduction to the seated version.)

Saturday and Sunday, Sept 18 and 19 from 9:00 am - 4:00 pm
Course fee is \$230 for members and \$250 for non-members.
(Fee includes lunch each day)

For only one day the fee is \$130 for members and \$150 for
non-members (Fee includes lunch)

See inside for details on other course offered by the Masters.

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The Peng You Taiji Quan Association

is a non-profit organization dedicated to the promotion of health, friendship and happiness through Taiji. We are a voting member of the Confederation of Canadian Wushu Organizations. Our routines conform to international standards approved and published by the Chinese National Sports Institute.

All our instructors are qualified and personally trained by our Grand Master, Professor Wang Jian Hua, Chairman of the Physical Education Department of Beijing Normal University and by our chief advisor Master Zeng Nailiang, retired head coach of the Chinese National Wushu Team. We offer a variety of programs including special classes for older adults regularly held at:

The Thunder Bay 55 Plus Centre, Herb Carroll Centre, Frank Murphy Community Centre, Anishinabe Mishikiki, Thunder Bay Multicultural Society, Kakabeka Falls 60 Plus Club, and The Canada Games Complex.

The Peng You Taiji Quan Association

55 Plus Centre, 700 River Street,

Thunder Bay, Ontario

Canada P7A 3S6

Website: www.pengyou-taiji.ca



Taiji Post Horse Stance

Photos this issue thanks to: Oliver Reimer, and Mary Lou Rabb.

Master Zeng Nailiang & Master Wei Xianglian Teaching Schedule - September 2004

Courses and Workshops are at the 55 Plus Centre in the Auditorium unless otherwise specified. Registration is at the 55 Plus Centre or at the Twin Dragons Restaurant.

Schedule of Workshops:

Mon. Sept. 13	7:00 - 9:00 pm	8 Forms Taijiquan/16 Forms Taijiquan
Tue. Sept. 14	9:00 - 11:00 am	42 Forms Competition Style Taijiquan
	2:30 - 4:30 pm	24 Forms Taijiquan
Wed. Sept. 15	7:00 - 9:00 pm	32 Forms Taiji Sword
Thur. Sept. 16	9:00 - 11:00 am	30 Forms Huawu Fan
Fri. Sept 17	9:45 - 11:45 am	48 Forms Taijiquan
Tue. Sept. 21	9:00 - 11:00 am	42 Forms Competition Taiji Sword

Workshop fee is \$10.00 per session for members and \$15.00 for non-members.

Partners Course - Eight Ways to Attack and Defend

Mon. Sept 20	7:00 - 9:00 pm
Tue. Sept 21	2:30 - 4:30 pm
Wed. Sept 22	7:00 - 9:00 pm
Thur. Sept 23	9:00 - 11:00 am
Fri. Sept 24	9:45 - 11:45 am

Course fee is \$125 for members and \$150 for non-members.

For single sessions the fee is \$30 for members and \$40 for non-members.



Taiji for Health Summer Workshops 2004



Dr. Paul Lam's workshops this summer were very successful attracting participants from Alaska, Nova Scotia, Pennsylvania, New Jersey, Minnesota, Alberta, and Manitoba as well as Northwestern Ontario.



Taiji for Diabetes Workshop



Taiji for Arthritis Workshop



Lectures



Written Exams

and

**Remember regular fall classes begin the end of September to accommodate the Masters' courses.
Watch for the International Taiji and Health Conference coming to Thunder Bay 2005.**